

Doctors Recommend Early Prevention Of Old-Age Frailty

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Preventing rickety bones in old age starts around age 30.

That's when smart females start a calcium intake watch, making sure they get 1 gram of the substance daily — either in pill or dietary form, says Dr. William Arno Peck, expert on osteoporosis, a condition implicated in the 200,000 hip fractures in women over age 65 each year.

The bill for those runs into millions. No price can be put on the suffering.

The National Institutes of Health reports complications from these fractures now constitute the 12th most frequent cause of death in the United States.

Proper calcium intake from the age of 30 on, Peck claims, helps keep bones strong. He said most Americans get less calcium than they need and even the Recommended Daily Allowance falls short of his gram-a-day dose.

Peck, physician-in-chief at the Jewish Hospital of Washington University Medical Center, St. Louis, chaired the recent National Institutes of Health Consensus Development Conference on Osteoporosis.

He also recommends exercise to ward off the possibility that one's bones will cave in as the years roll on.

Jogging, walking and biking are best. Such exercise puts stress on bones, making them stronger.

Swimming, while a good exercise generally, does not put the same kind of stress on the skeleton. Doctors say bones under stress undergo less resorption.

Peck said that lifestyle factors that can increase a woman's risk of developing osteoporosis include chain-smoking, heavy drinking, and consuming large quantities of coffee daily.

There was a caveat to his calcium edict: anyone with kidney trouble should ask her physician for guidance about calcium pills.

The expert talked about calcium and exercise during an interview on the risks and benefits of various strategies for treating and preventing osteoporosis, the degenerative bone disorder that causes abnormal bone loss. Other therapies include estrogen and vitamin D.

Peck said no single therapy exists either to treat or prevent osteoporosis.

Some therapies have possible untoward effects, and doctors should help patients to be on the lookout for them.

Peck said experience indicates estrogen can help if taken about 5 to 10 years after natural menopause and at once in the case of artificial menopause induced by removal of the ovaries.

"The common view is that if you delay menopause five years, ultimately you reduce to 50 percent the chance of a hip fracture 20 years later," Peck said.

He said women with clotting disorders should not be considered candidates for estrogen treatment. Even for others, the hormone, given in very low doses as directed by a physician, is not without its risks, he said.

One is the possible development of cancer of the lining of the uterus — endometrial cancer.

Peck said this form of cancer is highly treatable when spotted in the very earliest stage.

He recommends that physicians who put their patients on low doses of estrogen make certain the women have a gynecological examination every six months.

Peck said there was a concern that women on estrogen therapy may be at higher risk for breast cancer but that reports indicate this is not so.

Men are not so much at risk for osteoporosis, Peck said, because they tend to have greater "peak" bone mass — in the mid-30s. As with women, men start to have bone loss beginning at between ages 35 and 40. But since men have more bone mass to begin with, the bone losses in old age do not leave them in as fragile a condition as women, especially white women with spare skeletons.

But some men do develop osteoporosis. Peck said they usually have a deficiency of male hormone.

The National Institutes of Health Consensus Panel on Osteoporosis said more research is needed to:

- Develop accurate, safe, inexpensive methods for determining the level of risk for osteoporosis in an individual, to establish early diagnosis, and to assess the clinical course of the disease.

- Develop safe, effective, low-cost strategies for maximizing peak bone mass, minimizing bone loss and preventing fractures.

Herald Scoreboard

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Baseball Standings

AMERICAN LEAGUE

East

	W	L	Pct.	GB
Detroit	72	38	.655	—
Toronto	63	45	.583	8
Baltimore	58	51	.532	13½
Boston	56	51	.523	14½
New York	56	52	.519	15
Milwaukee	47	64	.423	25½
Cleveland	45	63	.417	26

West

	W	L	Pct.	GB
Minnesota	56	52	.519	—
California	56	53	.514	½
Chicago	54	54	.500	2
Kansas City	54	56	.491	3
Oakland	52	60	.464	6
Seattle	50	62	.446	8
Texas	46	64	.418	11

Sunday's Results: Kansas City 5, Detroit 4, 1st game; Kansas City 4, Detroit 0, 2nd game; New York 4, Cleveland 0; Boston 4, Texas 2; Toronto 4, Baltimore 3; Chicago 7, Milwaukee 0; Minnesota 4, California 2; Oakland 5, Seattle 4

Monday's Games

Balt. (Davis 11-4) at Cleveland (Farr 2-7)
 Detroit (Petry 13-5 and undecided) at Boston (Ojeda 9-8 and Clemens 5-4), 2
 Chicago (Nelson 1-4) at Milw. (Cocanower 7-11)
 Toronto (Leal 12-2) at Texas (Stewart 4-11)
 Calif. (Romanick 10-9) at Seattle (Barojas 7-3)
 Minn. (Smithson 11-9) at Oakland (Krueger 7-8)

NATIONAL LEAGUE

East

	W	L	Pct.	GB
Chicago	64	45	.587	—
New York	62	44	.585	½
Philadelphia	58	50	.537	5½
St. Louis	55	55	.500	9½
Montreal	52	56	.481	11½
Pittsburgh	47	64	.423	18

West

	W	L	Pct.	GB
San Diego	66	43	.606	—
Atlanta	57	53	.518	9½
Los Angeles	54	57	.486	13
Houston	51	60	.459	16
Cincinnati	46	64	.418	20½
San Francisco	43	64	.402	22

Sunday's Results: N.Y. 3, Pittsburgh 1, 10 innings; San Fran 7, Atlanta 4; Philadelphia 6, St. Louis 2; Cincinnati 2, Los Angeles 1, 11 innings; Chicago 4, Montreal 3; San Diego 9, Houston 5

Monday's Games

New York (Gooden 9-7) at Chicago (Ruthven 2-7)
 Philadelphia (Carlton 9-5) at Montreal (Lea 14-6)
 San Diego (Thurmond 9-5) at Cincinnati (Price 5-7)
 L.A. (Honeycutt 8-6) at Atlanta (Mahler 7-6)
 Pitts. (McWilliams 6-8) at St. Louis (Andujar 15-9)
 San Fran (Laskey 6-9) at Houston (Knepper 9-8)

Baseball Boxscores

LOS ANGELES

CINCINNATI

	ab	r	h	bi		ab	r	h	bi
Sax 2b	5	0	0	0	Redus lf	4	0	0	0
Amelung rf	5	0	1	1	Concepcin ss	5	0	1	0
Landreax cf	3	0	0	0	Davis cf	4	1	0	0
Maldonado rf	1	0	0	0	Cedeno rf	3	1	1	0
Marshall lf	4	0	2	0	Esasky lb	1	0	0	0
Sciocia c	4	0	0	0	Barnes 3b	4	0	1	1
Brock lb	4	0	1	0	Van Gorder c	5	0	0	0
Rivera 3b	4	0	0	0	Foley 2b	3	0	0	0
Anderson ss	3	1	1	0	Parker ph	1	0	0	0
Valenzuela p	1	0	0	0	Krenchick 2b	0	0	0	0
Stubbs ph	1	0	0	0	Tibbs p	2	0	0	0
Reuss p	0	0	0	0	Perez ph	1	0	0	0
					Owchinko p	0	0	0	0
					Gulden ph	1	0	0	0
					Power p	0	0	0	0

Totals 35 1 5 1 **Totals** 34 2 3 1
 Two out when winning run scored
 Los Angeles 000 001 000 00—1
 Cincinnati 000 000 001 01—2

Game-winning RBI — None.
 E—Rivera, Sax. DP—Cin 1. LOB—LA 4, Cin 9.
 2B—Marshall, Concepcin. SB—Redus (37). S—Valenzuela (2), Cedeno, Esasky.

IP H R ER BB SO

	IP	H	R	ER	BB	SO
Los Angeles	10	2	1	1	6	10
Valenzuela	2-3	1	1	0	1	0
Reuss (L 2-5)						
Cincinnati	8	5	1	1	1	2
Tibbs	2	0	0	0	0	1
Owchinko	1	0	0	0	0	1
Power (W 6-5)						

WP—Valenzuela, Tibbs. T—2:57. A—25,302.

MONTREAL

CHICAGO

	ab	r	h	bi		ab	r	h	bi
Raines cf	4	0	1	0	Cotto cf	3	0	1	0
Stenhouse lf	4	0	0	0	Sandberg 2b	4	1	2	0
Reardon p	0	0	0	0	Matthews lf	4	1	1	0
Dawson rf	4	1	2	1	Dernier cf	0	0	0	0
Carter c	4	0	0	0	Durham lb	3	1	1	0
Driessen lb	4	1	1	0	Moreland rf	4	1	2	4
Wallach 3b	4	1	2	1	Davis c	3	0	0	0
Thomas ss	4	0	1	0	Cey 3b	3	0	0	0
Flynn 2b	3	0	1	0	Owen ss	3	0	0	0
Wohlford ph	1	0	0	0	Bordi p	1	0	0	0
Grapenthin p	1	0	0	0	Reuschel p	0	0	0	0
Scout nh	1	0	0	0	Johnstone ph	1	0	1	0

SB—Pendleton (6), Samuel (51), McGee (25).
 S—Kephshire. Pitching: Denny, Campbell (7), Holland (8). Kephshire, Lahti (7), Von Ohlen (8), Allen (8). W—Campbell (4-3), L—Lahti (3-2), Save—Holland (24). T—3:03. A—42,114.

SEATTLE

OAKLAND

	ab	r	h	bi		ab	r	h	bi
Perconte 2b	4	1	2	1	Phillips 2b	4	0	0	0
Owen ss	4	0	0	1	Lansford 3b	4	1	1	1
Davis lb	3	0	0	0	Murphy cf	4	0	0	0
Phelps dh	3	1	2	1	Kingman dh	3	1	2	0
Cowens rf	4	0	0	0	Heath c	3	1	1	2
DHendrsn cf	4	0	1	0	Almon lf	4	1	2	0
Milbourne 3b	4	1	0	0	Bochte lb	3	0	0	0
Kearney c	4	0	2	0	Essian c	3	1	1	1
Bradley lf	4	1	1	0	Wagner ss	4	0	3	1

Totals 34 4 8 3 **Totals** 32 5 10 5
 Seattle 100 200 100—4
 Oakland 112 001 00x—5

Game-winning RBI — Wagner (2).
 E—Wagner 2, Essian, Nunez. DP—Oak 2.
 LOB—Sea 7, Oak 7. 2B—Kingman, Almon.
 3B—Perconte. HR—Lansford (8), Heath (10), Essian (2), Phelps (19). SB—Owen (14), Kingman (1). S—Bochte. Pitching: Vande Berg, Nunez (7), Sorensen, Caudill (9). W—Sorensen (4-11), L—Vande Berg (7-11), Save—Caudill (24). T—2:37. A—12,511.

KANSAS CITY

DETROIT

	ab	r	h	bi		ab	r	h	bi
Wilson cf	5	0	1	0	Whitaker 2b	4	0	1	0
Sheridan rf	4	1	2	0	Trammill dh	3	1	1	1
Brett 3b	5	0	0	0	Lemon cf	5	0	0	0
Pryor 3b	0	0	0	0	Parrish c	4	1	0	0
Orta dh	5	2	3	0	Garbey lb	3	1	1	1
Iorg lb	5	0	3	2	Bergman lb	1	0	0	0
Motley lf	5	1	1	1	Herndon lf	2	0	2	2
White 2b	4	1	2	1	RJones lf	1	0	0	0
Concepcin ss	4	0	3	0	Gibson rf	4	0	1	0
Wathan c	4	0	1	1	Johnson 3b	4	0	0	0
					Brookens ss	2	0	1	0
					Evans ph	0	1	0	0

Totals 41 5 16 5 **Totals** 33 4 7 4
 Kansas City 000 201 002—5
 Detroit 000 003 001—4

Game-winning RBI — Iorg (3).
 E—Brett. DP—KC 2, Det 2. LOB—KC City 10, Det 8. 2B—Herndon 2, Orta, Iorg. HR—White (12). Pitching: MJones, Saberhagen (7), Quisenberry (9), Rozema, Hernandez (7). W—Saberhagen (6-8), L—Hernandez (6-1), Save—Quisenberry (29). T—2:57.

KANSAS CITY

DETROIT

	ab	r	h	bi		ab	r	h	bi
Wilson cf	4	1	2	0	Whitaker 2b	3	0	0	0
Sheridan rf	4	1	2	2	Trammill dh	3	0	2	0
Brett 3b	4	1	1	0	Lemon cf	4	0	1	0
Pryor 3b	0	0	0	0	Herndon lf	4	0	1	0
Orta dh	4	1	1	0	Garbey lb	3	0	0	0
Iorg lb	4	0	1	0	Bergman ph	1	0	0	0
Wathan lb	0	0	0	0	Gibson rf	4	0	1	0
Motley lf	4	0	1	1	Johnson 3b	4	0	1	0
White 2b	4	0	0	0	Brookens ss	2	0	0	0
Slaughter c	4	0	0	0	Evans ph	1	0	0	0
Concepcin ss	4	0	1	0	Castillo c	2	0	0	0
					Parrish c	1	0	0	0

Totals 36 4 8 4 **Totals** 32 0 6 0
 Kansas City 400 000 000—4
 Detroit 000 000 000—0

Game-winning RBI — Sheridan (9).
 E—Brett, Leibrandt, Whitaker. DP—KC 2.
 LOB—KC 7, Detroit 8. 2B—Trammell. HR—Sheridan (6). SB—Wilson 2 (27). Pitching: Leibrandt, Quisenberry (9), Berenguer. W—Leibrandt (6-4), L—Berenguer (5-8). A—42,761. T—2:37.

TORONTO

BALTIMORE

	ab	r	h	bi		ab	r	h	bi
Garcia 2b	4	0	0	0	Bumbry cf	4	2	2	0
Collins lf	5	0	2	1	Sakata lf	1	0	0	0
Moseby cf	5	0	2	0	Ford dh	4	0	2	0
Upshaw lb	3	0	0	0	Ripken ss	4	0	1	1
Aikens dh	3	0	0	0	Murray lb	4	0	1	1
Johnson ph	1	1	1	1	Gross 3b	2	1	1	0
Bell rf	4	0	1	0	Ayala ph	1	0	0	0
Mulliniks 3b	2	0	1	0	Cruz 3b	0	0	0	0
Fernandez 3b	2	1	1	0	Roenicke lf	2	0	0	0
Whitt c	4	1	1	1	Shelby cf	2	0	1	0
Griffin ss	4	1	1	1	Young rf	4	0	0	0
					Rayford c	3	0	1	1
					Dauer 2b	4	0	2	0

Totals 37 4 10 4 **Totals** 35 3 11 3
 Toronto 000 000 310—4
 Baltimore 001 001 100—3

Game-winning RBI — Johnson (6).
 E—Griffin, Ripken. DP—Tor 1. LOB—Tor 8, Balt 10. 2B—Ford, Shelby, Bell, Mulliniks, Whitt. 3B—Fernandez. HR—Johnson (11). SB—Collins 4 (34), Upshaw 2 (7), Moseby (25). S—Ford. SF—Rayford.

IP H R ER BB SO

	IP	H	R	ER	BB	SO
Toronto	6	9	3	3	2	2
Alexander	1-3	1	0	0	1	0
Gott	1-3	1	0	0	0	1
Key (W 3-4)	1	0	0	0	0	1
Lamp (S 9)	1	0	0	0	0	1
Baltimore	6	6	2	2	1	5
D. Martinez	3	4	2	2	0	2
T. Martinez (L 4-8)						

T—3:05. A—34,016.

CHICAGO

MILWAUKEE

	ab	r	h	bi		ab	r	h	bi
RLaw cf	5	2	2	1	Manning cf	5	0	1	0
Fisk c	4	0	0	0	Gantner	5	0	3	0
Hill c	0	0	0	0	Yount ss	3	0	1	0
Baines rf	3	1	1	0	Cooper dh	4	0	2	0
Squires lb	0	0	0	0	Simmons lb	4	0	1	0